Your Personalized Weight Loss Journey Report

Generated on:

2024-09-10

1. Personal Profile

Start Date:	090924	End Date:	123024
Age:	46 years	Gender:	Male
Height:	5'9" (175.3 cm)	Initial Weight:	245.6 lbs
Goal Weight:	217.0 lbs	Initial Body Fat:	30.5%
Goal Body Fat:	7.0%	Activity Level:	Little to no exercise
Experience Level:	4		

2. Metabolic Calculations

|			
Initial RMR:	3326.4 cal/day	Initial TDEE:	4215.1 cal/day
TEF:	0 cal/day	NEAT:	0 cal/day
Initial Daily Calorie Intake:	1929.3 cal/day		

3. Workout Analysis

Type:	1	Frequency:	3
Volume Score:	0.4	Intensity Score:	0.8
Frequency Score:	1.0	Resistance Training:	Yes
Athlete Status:	Yes		

4. Body Composition Adjustments

Initial Lean Mass:	170.7 lbs	Initial Fat Mass:	74.9 lbs	Est. Weekly Muscle Gain:	0.3 lbs

5. Weekly Progress Forecast
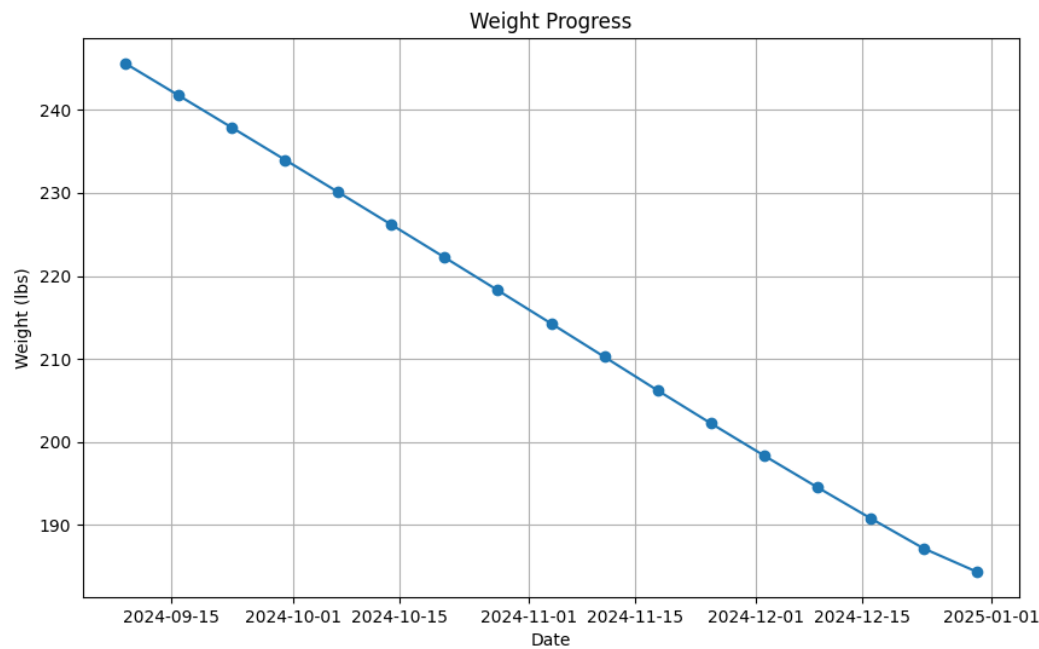
Date	Weight	Body Fat %	Daily Cal Intake	TDEE	Weekly Cal Output	Total Weight Lost	Lean Mass	Fat Mass	Muscle Gain	RMR
090924	245.6	30.5%	1929	4215	0	0.0	170.7	74.9	0.0	3326
091624	241.7	29.4%	2146	4215	14481	3.9	170.8	71.0	0.3	3326
092324	237.9	28.2%	2025	4101	14531	7.7	170.8	67.0	0.3	3288
093024	234.0	27.0%	1903	3987	14585	11.6	170.9	63.1	0.3	3249
100724	230.1	25.7%	1781	3873	14645	15.5	171.0	59.1	0.3	3210
101424	226.2	24.4%	1657	3759	14709	19.4	171.1	55.1	0.3	3171
102124	222.2	23.0%	1533	3645	14781	23.4	171.1	51.1	0.3	3132
102824	218.3	21.6%	1408	3531	14861	27.3	171.2	47.1	0.3	3093
110424	214.3	20.1%	1281	3417	14952	31.3	171.3	43.0	0.3	3053
111124	210.2	18.5%	1151	3302	15056	35.4	171.3	38.9	0.3	3013
111824	206.2	16.9%	1080	3241	15126	39.4	171.4	34.8	0.3	2973
112524	202.2	15.2%	1061	3183	14854	43.4	171.5	30.8	0.3	2932
120224	198.4	13.5%	1042	3126	14587	47.2	171.5	26.8	0.3	2893
120924	194.5	11.9%	1023	3070	14327	51.1	171.4	23.1	0.3	2854
121624	190.8	10.2%	1005	3015	14071	54.8	171.3	19.5	0.3	2816
122324	187.2	8.5%	1000	2962	13732	58.4	171.2	16.0	0.3	2778
123024	184.3	7.2%	1359	2910	10857	61.3	171.1	13.2	0.3	2742

6. Body Composition Changes Over Time
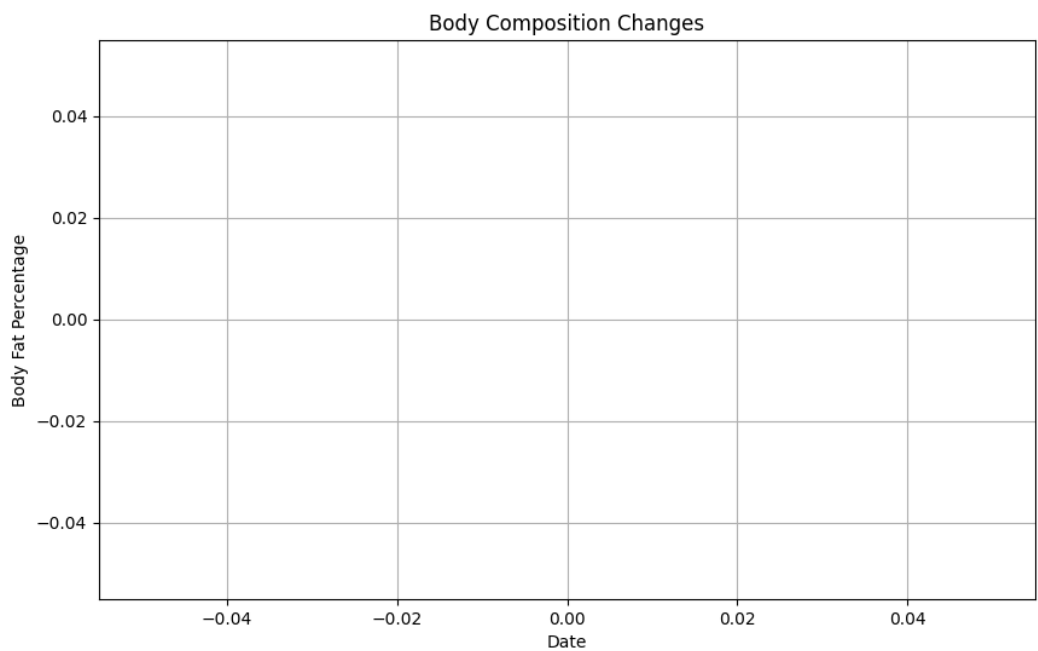
Body Fat Category	Body Fat %	Date Reached	Description	Est. Time to Six-Pack

7. Metabolic Adaptation

Week 1 Metabolic Adaptation:	1.00
Final Week Metabolic Adaptation:	0.70

8. Final Results

Duration:	16 weeks	Total Weight Loss:	61.3 lbs
Total Body Fat Reduction:	23.3%	Final Weight:	184.3 lbs
Final Body Fat:	7.2%	Average Weekly Weight Loss:	3.8 lbs
Total Muscle Gain:	4.5 lbs	Final Daily Calorie Intake:	1358 calories
Final TDEE:	2910 calories	Final Weekly Caloric Output:	10857 calories

9. Body Fat Category Progression

Category	Description	Est. Time to Six-Pack
Initial: Obese	Significant excess fat all around	12+ months

| Final: Very Lean | Visible abs, vascularity, striations | 3-4 weeks |

10. Insights and Recommendations

- Your metabolic rate adapted by 31.0% over the course of your journey.
- You maintained 100.3% of your initial lean mass.
- Your muscle gain rate averaged 0.3 lbs per week.
- Based on your final body fat percentage, you're now in the Very Lean category.
- To maintain your results, consider a daily calorie intake of 2910 calories.

11. Next Steps

- Continue with your current plan.
- Consider adjusting your protein intake to support lean mass.
- Your next ideal body composition goal could be a lower body fat percentage.